

# Wasatch County Seniors Newsletter



Open M-F 8:30 am—4:00 pm • 465 E 1200 S Heber City, Utah • Phone: 435-654-4920

## 2020 November

### COUNTY ADVISORY BOARD 2020

- Chair: Jim Kohler
- Vice-Chair: Tom Melville
- Secretary: Marcia Young

#### Regular Members:

Betty Brandner, Steve Farrell (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

1<sup>st</sup> Alternate: Tom Melville

2<sup>nd</sup> Alternate: David Davies

### SENIOR CENTER CORPORATE BOARD 2020

- President: Sandy Hansen
- Vice-President: Cheryl Jones
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

#### Directors:

Dee Akerley, John Besendorfer, Roy Daniels, Laurel Rail, Wayne White

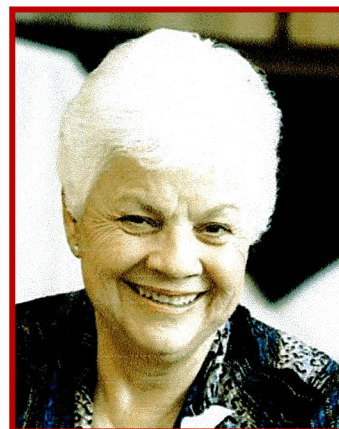
### Senior Center Staff

- Center Director:  
Ashley Fish
- Food Services Manager:  
Cora Briggs
- Administrative Secretary:  
Tiffany Horrocks
- Activities Coordinator:  
Candie Bonner

## SPOTLIGHT

### Paula Probst

My name is Paula Cushing Probst. I was born in the OLD OLD Heber Hospital (that is now a thrift store) on January 27, 1943. My Parents were Bliss and Lone Fraughton Cushing. We lived in Heber for a few years then Dad and Mom bought a new house in Springville Utah, that was closer to Dad's work. We had a good neighborhood with many kids to play with. I attended Brookside Elementary School. I loved walking to school everyday with my friends. When I started Jr High we had to walk much farther but it was still fun. My Dad worked building highways all over the Western States so during the summers when school was out, we would travel with him and spend the whole summer exploring and living the dream all children dream of. I am the oldest of five children, I have two brothers and two sisters. Neall, Jill, Lee and Jeri. We loved to camp and do anything to be outdoors. When it was time to go to High School I wanted to go to school where it wouldn't be interrupted by Dads work travel. My very dear Aunt and Uncle, Earl and Marie Kohler invited me to live with them and their family and attend Wasatch High School. Of course this was the OLD OLD High School on Main Street. After graduating I had a scholarship to Utah State University. I loved College, living with close friends and having a lot of fun. Then I had met Kyle Probst and started dating him. He had returned from a mission and I found him very charming. We were Married April 20, 1962, in the Salt Lake Temple. We made our first home in Midway and have lived here for 58 years. We have seven children, six girls and one boy. We are now enjoying retired life (haha) with 27 grandkids and 29 greats with 3 on the way. Life is never dull. We love this valley and the people that are such dear friends, Life is good.....



## From the Director's Desk .....

Dear Friends,

How we miss seeing so many of you! This closure of our beloved Senior Center has gone on WAY too long. . . . Almost daily, I'm asked when we are going to re-open. My answer is, "I wish I could answer that". (Not an answer I like but "it is what it is". . . .)



Please know that as soon as our County's Administrative and Health Department supervisors allow, we will open. We are each as anxious as anyone to provide all the services and activities we heretofore did. In the meantime, we trust that you will take advantage of the numerous groups and agencies offering personal visiting/chatting/socializing opportunities.

- . Our Activities Coordinator, Candie Bonner, has two mid-week "on-line" events: a), "What's Up Wednesday" and, b) "Bingo".
- . AARP sponsors a FREE on-line concert series.
- . This has been a time to read and do other hobbies.
- . Have you used your telephone regularly to visit with friends and loved ones?
- . There are many more.

For details on any of the things we're doing here, please contact Tiffany Horrocks at our general telephone number – 435-654-4920.

*Please know how much we care about each of you!* We think of you and trust that you are well. Stay happy and engaged in "doing" and "serving" others - where you can. Have a Happy November and a wonderful Thanksgiving Season.

Kind personal regards,

Ashley R. Fish

MAG UTAH COUNTY CAREGIVER COALITION PRESENTS THE

# 15TH ANNUAL CAREGIVER CONFERENCE

## Calm Amidst the Storm

Tools, tips and strategies for  
caregivers of a senior loved one

**Thursday, Nov 5 | 9 AM - 8 PM**

**Virtual Conference**

Live sessions throughout the day

## FREE ADMISSION

Tune in anytime throughout the day to the sessions  
with the topics and times that work best for you.

## Registration required

First 100 registrants will get a free  
Caregiver Self-Care Happiness Kit.

For the full schedule and to register, visit  
[mountainland.org/cgconference](http://mountainland.org/cgconference)

Sponsored by



**MAG**

**AARP** Real Possibilities  
Utah



# Cora's Kitchen

To all our Seniors...just a little info from the kitchen. Here it is November, and we're still in a pandemic state. One day we'll be together, until then, we will survive.

Veteran's Day honors all members of the Armed Forces who served this country valiantly and in a very big way. They served and fought to protect us, to keep our country safe and to preserve our way of life. Veterans gave their time and risked their lives for you and me. In some cases, they made the ultimate sacrifice. Veteran's Day is celebrated on the 11<sup>th</sup>. We will be closed this day.

The first Thanksgiving was celebrated between the Pilgrims and the Indians in 1621. That first feast was a three day affair. Life for the early settlers was difficult. The fall harvest was time for celebration. It was also a time of prayer, thanking God for a good crop. The Pilgrims and the Indians created a huge feast including a wide variety of animals and fowl, as well as fruits and vegetables from the fall harvest. This early celebration was the start of today's holiday celebration. Like then, we celebrate with a huge feast. We will be closed on the 26<sup>th</sup> and 27<sup>th</sup>. Happy Thanksgiving.

"Thanksgiving is a time of togetherness and gratitude."...

Nigel Hamilton

Please continue to drink your water. Drink away the Covid 19.  
Until next time, take care...Cora Briggs



## MEDICARE



Just like the flurry of falling leaves comes the flurry of mail in your box about Medicare Open Enrollment. This enrollment period is for those who are already on Medicare. This flood of information can be confusing, so let's talk facts. This year there are several new Medicare Advantage plans available for Wasatch County and 28 Part D plans. You should have received an Annual Notice of Change for your current plan which shows costs for 2021. You are not required to change your plan, but it is the time to see if another plan would be less expensive. You can go to [Medicare.gov](https://www.Medicare.gov) and create or log in to an account, or you can look at plans without logging in. Put in your medications to see the most accurate costs. If you want assistance with a plan review, Dawn Loper and Michelle Jensen from Mountainland Association of Governments (MAG) are available to assist you. Please call (801) 229-3819 for an in-person or telephone appointment. This is our busiest time of year, so don't wait until the last minute. Open Enrollment ends December 7th. We are



**Michelle Jensen**

SHIP Medicare Counselor

801-229-3819

[mountainland.org/aging](https://mountainland.org/aging)

also available for help with enrolling in Extra Help for those who are low income. So, take a deep breath - you can do this and we will be happy to assist you.



# Trips / Tours



Find Us On Facebook



**Join Us On The “Wasatch County Senior Center” Page For Some Fun!**

**November TBD—What’s Up Wednesday:** More details to come... Watch our Facebook Page. We will be streaming live starting at **10:00AM**. Let's chit chat.....we want to know what you have been up to!

**November TBD- Wednesday Bingo:** More details to come... Watch our Facebook Page. We will be playing Bingo on Facebook live at **1:00PM**! No charge to play. Bingo cards and prizes will be picked up curbside or delivered Tuesday & Thursdays 11:30-12:15 during lunch pick up.

**Friday, November 6th—“Senior Picture Day” at the Charleston Park:** Want your picture taken by a professional photographer? Crazy Cricket Photography is offering our Seniors discount portraits. *This is exclusive for Seniors 55+ only.* Cost is \$25—includes 1 5x7 & Digital Copy of photos. Additional photos can be purchased for a minimal cost.

**Call the Senior Center to reserve your spot.**

We are here to help! If you need assistance accessing these sites on your smart phone or computer, call the Senior Center and we can assist you. We want this to be easy and enjoyable.

## Throw Back Pictures



# Happy Birthday

Vera Nielson	1	Sharleen Williams	8	Charles Lay	12	Kendall Crittenden	20
Gaye McPhie	2	Maxine Carlile	9	Charlene Hicken	15	Joyce Clark	24
LaRee Pedro	3	Jenny Kanagaratnam	9	Arlene Horrocks	16	Joseph Young	24
Carla Fillmore	3	Jean Anderson	10	Suzette Thompson	16	Kirk Hunsaker	25
Blaine Webster	3	Laurie Reed	10	Dave Hatch	18	David Fell	26
Dustin Thomas	5	Shirley Huntsman	11	Ruth Parrish	18	Francis Harrison	26
Vickie Todd	5	Evelyn Robertson	11	Lee Ammons	19	Burt Giles	27
Pam Ramult	7	Cheryl Long	12	Jeff Cossaboon	19	Phil Lyons	29
Gary Staff	7	David Neil Hilton	12	Anita Allen	20	Neal Larsen	29



## MAG

**MOUNTAINLAND ASSOCIATION OF GOVERNMENTS**

In addition to Meals-On-Wheels did you know that MAG consists of 8 different departments?

Are you interested in what other services MAG offers?

Be sure to check out the "About MAG Services" video on the MAG website home page to learn more.

[www.mountainland.org](http://www.mountainland.org)

**Kelly Cummings**  
Born: July 11, 1959  
Died: February 26, 2020

**LaVar Daybell**  
Born: June 25, 1952  
Died: September 21, 2020  
Married: Dixie Daybell

**Lloyd Provost**  
Born: April 15, 1935  
Died: September 22, 2020  
Married: Lavon Witt Provost

**Jack Osborne**  
Born: May 28, 1929  
Died: September 23, 2020  
Married: Marilyn Osborne

**Kara Lynne Farr**  
Born: February 20, 1941  
Died: September 23, 2020  
Married: Bill Farr

**Edwin Masters**  
Born: October 29, 1951  
Died: September 24, 2020  
Married: Jeri Masters

**David Bates**  
Born: October 16, 1956  
Died: October 1, 2020  
Married: Jan Overn Bates

**Marilyn Rounds**  
Born: December 1, 1937  
Died: October 1, 2020

**Thomas MacNaughtan**  
Born: June 11, 1927  
Died: October 1, 2020  
Married: Betty MacNaughtan

**Antony Dugmore**  
Born: January 14, 1959  
Died: October 4, 2020  
Married: Brenda Dugmore

**Dan Hardman**  
Born: April 14, 1953  
Died: October 4, 2020

**Harvey Mecham**  
Born: May 17, 1942  
Died: October 8, 2020  
Married: Allie Muir Mecham

**Joseph Giles**  
Born: August 15, 1934  
Died: October 15, 2020  
Married: Peggy Giles

**Francis Shirlene Walton**  
Born: December 22, 1934  
Died: October 16, 2020  
Married: Stanley Walton



# Obituaries

# Senior Book Club

We are currently reading:

**A Gentleman in Moscow**  
by Amor Towels

Next meeting:

Thursday, November 19th

**\*\*Don't forget: Mask & Book\*\***

Call the Senior Center for more information 435-654-4920.

## FREE HELP for COVID-19 related stress

### THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional support



crisis counseling



coping strategies



mental health education



referrals if more help is needed

**Call/Text: 385-386-2289**

**Email (first name and phone number only):**  
**UtahStrong@utah.gov**

**For immediate response after hours:**  
**1-800-273-TALK (8255)**

Counseling in Spanish and other languages available.



utah department of  
**human services**  
SUBSTANCE ABUSE AND MENTAL HEALTH

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## Online Bingo

WHEN: EVERY WEDNESDAY

WHERE: FACEBOOK 

(WASATCH COUNTY SENIOR PAGE)

TIME: 1:00 PM

COST: NO CHARGE!!

**PICK UP BINGO CARDS CURBSIDE ON TUESDAY OR THURSDAY  
DURING LUNCH PICK UP BETWEEN 11:30AM-12:15PM**



CALL US FOR DETAILS, WE ARE HERE TO HELP!

435-654-4920



[www.mountainland.org/heat](http://www.mountainland.org/heat)



## HEAT Program

The HEAT program assists eligible individuals and families pay their power and gas bills year-round. Eligible families and residents of Utah, Wasatch and Summit counties can apply for one-time assistance.

UPDATES:

### HEAT Program Deadline Extension

The HEAT program will be open throughout the year, due to the economic impact of the COVID-19 outbreak on individuals and families in our community.

### How to Apply

There are several ways to apply. If you have any questions, call 801-229-3855 or email [heat@mountainland.org](mailto:heat@mountainland.org).

### COVID-19 UPDATE:

In order to reduce applicant exposure to the COVID-19 virus, we are no longer accepting HEAT applications in person at DWS or MAG offices.

## Books On Buses



**Let us drop off books, movies, puzzles, etc. to you door step, at no charge to you. This service is offered to Wasatch County Seniors.**

**How it works:**

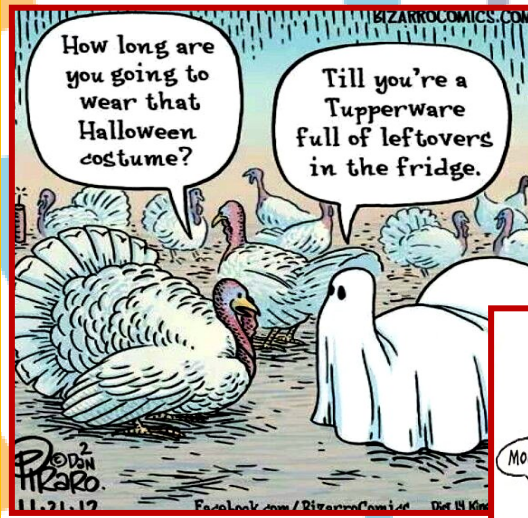
- *Call the Senior Center 435-654-4920 with your checkout request. Please provide your name, address, & phone number.*
- *Every Monday: We will deliver and/or pick up your items in a bag, which will be left outside on your doorstep or door handle.*



A Collaboration Of The Wasatch County Senior Center & The Wasatch County Library.



# Thanksgiving Giggles



**Q. What do you get when you cross an octopus with a turkey?**

**A. Finally enough drumsticks for everybody at Thanksgiving.**

